



# GOVERNMENT COLLEGE OF EDUCATION

Institute of Advanced Studies in Education

CLUSTER UNIVERSITY, SRINAGAR

Maulana Azad Road Srinagar (J&K)

**(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.24))**

Email: [principal-iase@jk.gov.in](mailto:principal-iase@jk.gov.in) / <http://www.gcoekmr.edu.in>



*Yoga for Wellness and a Drug-Free Life: NSS, Department of Sports and CWASC organizes a Yoga Wellness Session under NMBA at Govt. College of Education (IASE), Srinagar on 15th April 2026.*

## A Brief Report

The NSS, Department of Sports and College Wellbeing and Anti-Substance Cell (CWASC) of the Government College of Education (IASE), Srinagar, organized a Yoga Wellness Session under the Nasha Mukta Bharat Abhiyan (NMBA) on 15th April 2026 in the Multipurpose Hall. The programme aimed to sensitize students to the importance of yoga in developing a sustainable personality and its significant role in the prevention and de-addiction of substance abuse. The session witnessed enthusiastic participation from students and faculty members. The programme was graced by the esteemed presence of Principal Prof. (Dr.) Seema Naz, whose participation added inspiration and encouragement to the initiative.

The practical demonstration of yoga was conducted by Mr. Mohd Tahir, a trained yoga instructor. He guided the participants through a series of yogic practices. The instructor also explained the therapeutic benefits of yoga in reducing stress, enhancing concentration, promoting emotional balance, and supporting recovery from substance dependence. The session created a serene and positive atmosphere, enabling participants to experience relaxation and mental peace. Students expressed a strong commitment to adopting healthy lifestyles and actively contributing to the fight against drug addiction.

The programme successfully reinforced the objectives of the NMBA by promoting awareness, self-discipline, and holistic well-being. In conclusion, the Yoga Wellness Session proved to be a meaningful and impactful initiative, strengthening the college's commitment to fostering a healthy, resilient, and drug-free campus. The College Wellbeing and Anti-Substance Cell extends its sincere gratitude to Principal Prof. (Dr.) Seema Naz, Mr. Mohd Tahir, and all participants for their valuable contribution to the success of the programme.

Sd/-

**Prof. Lateef Ahmad Shah**  
Nodal Officer CWASC

Sd/-

**Prof. (Dr) Seema Naz**  
Principal

No: GCOE/IASE/26/706

Dated: 15/04/2026



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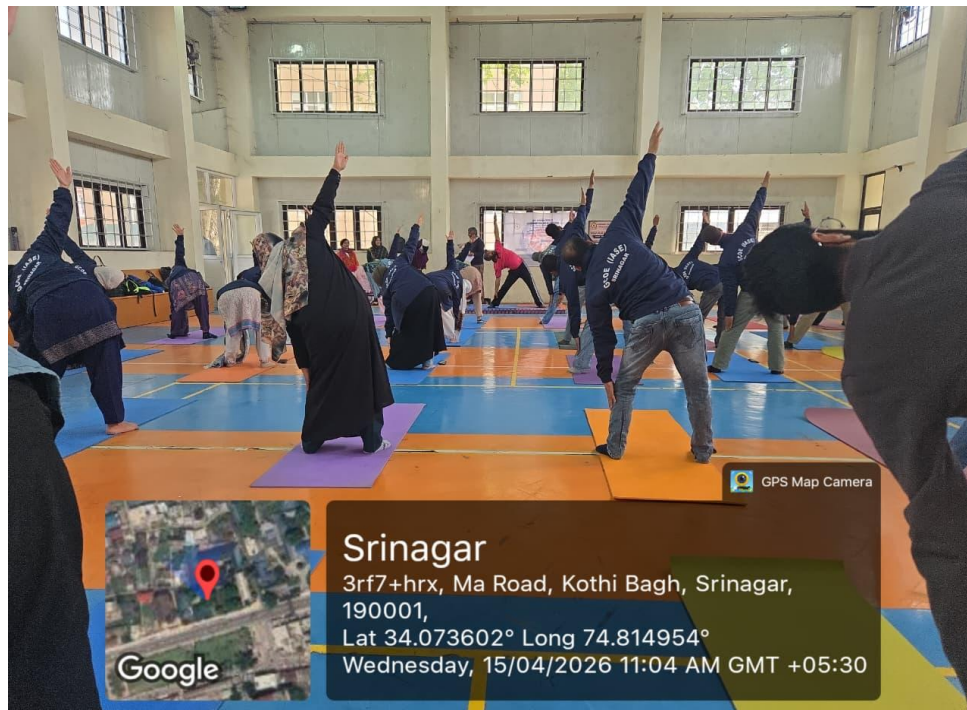
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## Photos of The Event



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NATIONAL SERVICE SCHEME (NSS)

Maulana Azad Road Srinagar (J&K)

(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.24))

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## Attendance Sheet

Programme/Event/ Activity Weekly yoga practice session / NMAA  
Dated 15/04/2026.

S.NO.	Name of the Participant	Roll No	Course/ Semester	Signature
01	Meenakshi Pandita	72	B.ed 1st Sem	Meenakshi Pandita
02	Sonika Koul	74	B.ed 1st Sem	Sonika Koul
03	Haseeba Bano	25	B.ed 1st Sem	Haseeba Bano
04	Haleema Bano	90	B.ed 1st Sem	Haleema Bano
05	Mohimuda Akhter	64	B.ed 1st Sem	Mohimuda Akhter
06	Shaheen Shahbaz	82	B.ed 1st Sem	Shaheen Shahbaz
07	Shaheen Kousar	88	B.ed 1st Sem	Shaheen Kousar
08	Iram Aftab	46	B.Ed 1st Sem	Iram Aftab
09	Gulshan Nabi	37	B.Ed 1st Sem	Gulshan Nabi
10	Shahmar	49	B.ed 1st Sem	Shahmar
11	Fawida Bano	79	B.ed 1st Sem	Fawida Bano
12	Nazim Ahmed Lone	56	B.ed 1st Semester	Nazim Ahmed Lone
13	Mudasir Inayat Lone	62	B.ed 1st Sem	Mudasir Inayat Lone
14	Meenakshi Bhat	06	B.Ed 1st Sem	Meenakshi Bhat
15	Basharat Ah Khan	17	- do -	Basharat Ah Khan
16	Mahira Rashid	53		Mahira Rashid
17	M. Abbas. Bhat	77	//	M. Abbas. Bhat
18	Syed Amir Qureshi	10	4	Syed Amir Qureshi
19	Showket Ahmad	83	B.ed 1st	Showket Ahmad

NSS Officers

Principal

Roll.No.

20	Faizaan Wani	05	B.Ed. 1st sem	<del>Faizaan</del>
21	Abdul Malik	21	- do -	Malik
22	Mohd Yusuf	39	- do -	Mohd Yusuf
23	Mehrajdu	89	do	Mehrajdu
24	Farooq Rather	87	do	Farooq Rather
25	Aijaz Ah. Bhat	84	do	Aijaz Ah. Bhat
26	Mukhtar Ah.	60		Mukhtar Ah.
27	Mohd Yvan	12	- do -	Mohd Yvan
28	Aijaz Ahmed	63	- do -	Aijaz Ahmed
29	Perrada Abdul Wahid	26	- do -	Perrada Abdul Wahid
30	Ab-Lateef Makhdoom	49	do	Ab-Lateef Makhdoom
31	Ishfaq Manzoor Dax	08	- do -	Ishfaq Manzoor Dax
32	Tahir Imran Bhat	20	- do -	Tahir Imran Bhat
33	Zakir Hussain	75	- do -	Zakir Hussain
34	Danish ellahi	03	- do -	Danish ellahi
35	Yaseen Ah Dax	85	- do -	Yaseen Ah Dax
36	Bilal Ahmad Yvan	29	- do -	Bilal Ahmad Yvan
37	Amir T Bhat	70	- do -	Amir T Bhat
38	Bilal Ah. Kuchay	66	- do -	Bilal Ah. Kuchay
39	Rakesh Bhat	70	- do -	Rakesh Bhat
40	Ashish Raza	81	do	Ashish Raza
41	Ahsan Ahmad	19	- do -	Ahsan Ahmad
42	Sakib Mohraj	68	- do -	Sakib Mohraj
43	Risq Ahmad Wani	69	-	Risq Ahmad Wani
44	Khalid Ishfaq Dax	73	- do -	Khalid Ishfaq Dax
45	Rafiq An Khatana	47	do	Rafiq An Khatana
46	ARIF RASHEED	34	MA III	ARIF RASHEED
47	Danish Abbas	05	UG / 6th Sem	Danish Abbas
48	Momad Ali Khan	35	"	Momad Ali Khan
49	Ansum Mukhtar	11	"	Ansum Mukhtar
50	Seraj Bukzar	30	UG / 6th Sem	Seraj Bukzar
51	Rukayya	44	UG 5th Sem	Rukayya
52	Nurafan	20	UG 6th Sem	Nurafan

NSS Officers

Principal

53	Zamrooda	34	B.ed 1st sem	Zamrooda
54	Saba Assat	35	B.ed 1st sem	Saba
55	Naseema Banu	51	B.ed 1st sem	Naseema
56	Zamriyah Ahmad	38	B.ed 1st sem	Zamriyah
57	Arijaz Abd Hussain	01	do	Arijaz
58	Ryaz Ahmad	59	do	Ryaz
59	Farooz Ahmad	58	do	Farooz
60	Muhammad Rizas	24	do	Muhammad
61	Uma Alabin	14	do	Uma
62	Aadil Amin	07	do	Aadil
63	Mansoor Ahmad	09	do	Mansoor
64	Mahid Rashid	53	do	Mahid
65	Firdos Ah. Lone	23	B.ed 2nd sem	Firdos
66	Ab. Harneed - Raine	13	do	Ab. Harneed
67	Shah Nawaz Khan	30	do	Shah Nawaz
68	Farooz Ahmad Sheel Goff	11	do	Farooz
69	Aarif Nabsi	48	B.ed 1st sem	Aarif
70	Mohammad Hadi	24	UG 4th sem	Hadi
71	Faizau Raifid	12	do	Faizau
72	Faizau Raifid	42	do	Faizau
73	Kussum	31	UG 4th sem	Kussum
74	Serfat Khurshed	21	UG 6th sem	Serfat
75	Mohammed Nabil Khan	13	UG 6th sem	Mohammed
76	Aadil Aslises	36	U.G. 6th sem	Aadil
77	Muntazzer Manzoor	24	do	Muntazzer
78	Farhana Sultan	03	UG 6th sem	Farhana
79	Shahid Qayoom	38	UG 6th sem	Shahid
80	Furqan - Ah. Daw	46	UG 6th sem	Furqan
81	Ubnat A. A. A. P.	13	Ig B.ed M.ed	Ubnat
82	Sadiya Ahmad	11	Ig (B.ed, M.ed) 6th	Sadiya
83	Tajveed Ahmad	44	B.ed 2nd	Tajveed
84	Firdosa Akh	31	B.ed 2nd	Firdosa
85	Sushma Padmal	36	B.ed 2nd	Sushma



